

# Vermont Department of Education Linking Health & Learning Bulletin

March 2008

## New and General Announcements

### New Materials Available from the Health Education Resource Center (HERC)

The Vermont Department of Education operates a Health Education Resource Center that loans materials to Vermont educators. These materials include books, curricula, reference resources, videos, DVDs and other visual materials. For a complete listing of available materials visit our website at [http://education.vermont.gov/new/html/pgm\\_coordhealth/resources/herc.html](http://education.vermont.gov/new/html/pgm_coordhealth/resources/herc.html).

Here are a few newer materials approved recently by the HIV/Sexuality Materials Review Panel:

#### ***Healthy Sexuality:***

**Audience: MS**

#### ***An Abstinence-Based Curriculum for Middle School***

Rocky Mountain Center

Healthy Sexuality is a skills-based curriculum that encourages abstinence, enhances self-efficacy, provides life-saving information on sexually transmitted diseases, including HIV/AIDS and promotes positive peer pressure regarding healthy sexuality. The program activities help to define and promote healthy relationships, increase parent-child communication about sexuality, assist students in developing their own support systems and provide opportunities to practice communication and decision-making skills. 2002

#### ***Removing the Risk: Abstinence for High School Students***

**Audience: HS**

ETR Associates

An abstinence-based program designed for high school students, *Removing the Risk* emphasizes abstinence as a positive, viable choice for adolescents. Activities aim to sharpen refusal skills and delay tactics while proposing alternative options to sexual intercourse. 1997

#### ***Abstinence...It's the Right Choice, Second Edition***

**Audience: MS, HS**

SVE Churchill

VHS – 23 minutes

This video includes street interviews and footage of a group of curious teens who learn refusal techniques and alternatives to engaging in sexual activity making this program both intriguing and informative. In an informal discussion led by experienced peer counselors and with essential advice offered by a mom, the presentation shows teens that there has never been a better time to abstain. 1999

### Got Milk?

The National Institute of Health (NIH) and the National Institute of Child Nutrition and Human Development (NICHD) provides new ways to encourage the use of the *Milk Matters* educational resources. Find teacher materials which support the campaign to increase the awareness of calcium in the diet by visiting the *Milk Matters* website at <http://www.nichd.nih.gov/milk/teachers/>.

### Hunger and Poverty Curriculum

Would you like to teach about hunger and poverty but don't know where to begin? Visit [www.knowhunger.org](http://www.knowhunger.org) for a free downloadable 6 unit curriculum developed by the Center for Hunger and Poverty of Brandeis University which is geared toward high school students. This curriculum allows the integration of social content into classes. A middle school curriculum is scheduled to be available soon.

## Grant and Funding Opportunities

### GoGirlGo! Ambassador Team Awards

The Women's Sports Foundation's Ambassador Team Awards program will provide a total of \$50,000 in grants to teams of female high school students that demonstrate leadership in their communities by inspiring girls to get involved in sports and physical activity. Teams will create their own projects designed to get girls in their local community to be physically active. To be eligible, teams must be school, amateur, community, and/or nonprofit affiliated teams whose members are all of the following: female; enrolled in 9th-12th grade; and residents of the United States, its territories, or protectorates. Twenty teams will be awarded \$2,500 each. Team awards are to be used for equipment, apparel, travel, or training costs for the team. Prizes will be made payable to the school, nonprofit institution, or 501(c)(3) organization. **Deadline for applications: July 18, 2008** <http://www.womenssportsfoundation.org/cgi-bin/iowa/funding/featured.html?record=34>.

### Tobacco Prevention Grant Opportunity

In an effort to reduce and prevent tobacco use among youth, non-competitive grant funding is available through the Vermont Department of Education. Funding is available to Vermont supervisory unions/districts and independent schools. Tobacco Use Prevention Funding targets four primary goals:

- Coordination of Tobacco Prevention Efforts
- Provision of Evidence-based Tobacco Prevention Education
- Development and Implementation of Model Tobacco Policy
- Involvement of Families & Community in Supporting School Tobacco Prevention Initiatives

**Applications are due no later than May 1<sup>st</sup>, 2008.** For more information or to obtain an application, contact Kate Larose at (802) 828-0565 or by e-mail at [kate.larose@state.vt.us](mailto:kate.larose@state.vt.us).

### STOP Hunger Scholarships to Recognize Students for Community Service

The Sodexo Foundation seeks nominations to recognize kindergarten through college students in the fight against hunger in America. The STOP Hunger Scholarship recognizes and rewards students who have made a significant impact in the fight against hunger and its root causes in the United States. Up to five national scholarship recipients will each receive a \$3,000 scholarship as well as a \$3,000 grant made in their name to the hunger-related charity of their choice in their local community. Applicants must obtain a nomination statement as part of the application process. The nomination statement must be completed by an adult. For more information or a RFP, visit the following website: <http://www.helpstophunger.org/scholarships/index.asp>.

### Nike Let Me Play Fund Essay Contest

The Nike Let Me Play Fund provides resources for female sport teams - from new playing fields and uniforms, to new score clocks and travel costs to and from tournaments. Whatever it may be to make a team a success - Nike wants to hear about it. Anyone can apply; male, female, coaches, parents, administrators. You must be 13 years or older as of September 17, 2007. You must be affiliated with a nonprofit team or organization. The maximum award is \$5,000 and it may be distributed in cash, equipment and/or Nike product. Awards may only be used for the project you submit. Applications will be accepted continually thru **March 31, 2008**. For more information visit: <http://letmeplay.com/2007/09/apply-to-receive-money-from-the-let-me-play-fund/>.

### Nike Bowerman Track Renovation Program

The Bowerman Track Renovation Program provides matching cash grants to community-based, youth-oriented organizations that seek to refurbish or construct running tracks. The program distributes approximately \$200,000 in matching grants each year. This ten year, \$2 million program, administered by Nike's Community Affairs department, provides matching funds of up to

\$50,000 to youth-oriented nonprofit organizations anywhere in the world. Organizations applying for the grant must demonstrate a need for running track refurbishment or construction. Grant recipients will provide track access to neighboring communities. Bowerman Track Renovation Program funds must be matched in some amount by other contributors by an agreed upon deadline. The deadline for applications is ongoing through **May 31, 2009**. For more information visit: [http://www.nikebiz.com/responsibility/community\\_programs/bowerman\\_track\\_program/](http://www.nikebiz.com/responsibility/community_programs/bowerman_track_program/).

### School Nutrition Grants

The US Potato Board (USPB) and the School Nutrition Foundation (SNF) have partnered in sponsoring the first-ever School Wellness Grant Program. Ten grants will be awarded for qualified school districts to receive funds in the amount of \$2,500. Grant recipients are expected to use these funds towards purchasing equipment and/or implementing a physical education curriculum, which will assist students in becoming conscious of a healthy lifestyle. **Grant applications are due April 15, 2008**. If you have any questions regarding the grant please contact the SNF at 1-800-877-8822 ext. 104. Applications are available at: <http://www.schoolnutrition.org/uploadedFiles/SchoolNutrition.org/Tools You Can Use/Grant Application.doc>.

### Funds for K-12 Nutrition and Fitness Programs

The U.S. Potato Board, in partnership with the School Nutrition Foundation, has initiated the School Wellness Grant Program for elementary schools in the United States. Ten grants of \$2,500 will be awarded for equipment and/or educational programs that will help move children toward healthier diets and improve their overall wellness. Grant money can be used for food service equipment for the healthful preparation of fresh or processed potatoes, physical activity equipment for use on the campus playground or during physical education programs, or development or execution of nutrition or physical activity educational programs. Applicants must be members of the School Nutrition Association (SNA) or be sponsored by an SNA member. **The application deadline is April 15, 2008**. Visit their website to download the application guidelines and forms at <http://www.potatogoodness.com/>.

## Professional Development and Wellness Opportunities

**For a Calendar of Vermont Department of Education-Sponsored Events go to**  
<http://www.state.vt.us/educ/new/html/dept/calendar.html>.

### Physical Education Curriculum Analysis Tool (PECAT) Workshop

**May 2, 2008**

**Castleton State College, Chapel**

The PECAT is designed to help schools conduct a complete analysis of written physical education curricula, based upon national standards. Results from the analysis will help schools enhance existing curricula or develop new curricula for the delivery of quality physical education. Furthermore, this process of curriculum analysis is a very effective way to advocate for, and strengthen the connection between physical education and the broader educational community. Attendees will distinguish between different components of the PECAT and begin curriculum analysis. Participants are encouraged to attend this workshop as a team. Team members might include physical educators, health educators, school administrators, school health personnel, curriculum coordinators, other content specialists with background in curriculum design, community members, parents and/or students. There is a \$24 registration fee per person. Visit the following link to register: [http://www.surveymonkey.com/s.aspx?sm=NXsv\\_2f4JudmiB26S1JjojbA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=NXsv_2f4JudmiB26S1JjojbA_3d_3d). For more information about the workshop contact Lindsay Simpson (802) 828-1461 or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us).

### **Hunger and Obesity: Be Part of the Solution**

**April 30, 2008**

**Holiday Inn, Rutland**

A conference for Child & Adult Care Food Program (CACFP) directors and coordinators in child and adult day centers and Summer Food Service Program for Children (SFSP) sponsors and food service staff. Workshop will include: Elderly Nutrition Strategies, SFSP On-line, Food Culture and Reading, Physical Activity in Preschools and Modifying Meals to Meet the Dietary Guidelines. For more information contact Cheryl Barrows at (802) 828-2447 or by e-mail at [cheryl.barrows@state.vt.us](mailto:cheryl.barrows@state.vt.us).

### **Healthy Weight Summit**

**May 1, 2008**

**Newsbank Conference Center, Chester**

Learn what's working around the state to make school lunches healthier and kids more active! Bring back ideas and hope for your district to combat obesity in school age children! Workshops will include an update on the 30+5 program; panel presentation from Vermont FEED and Farm to School activities; the Dept of Health's Resource Guides and Wellness Committees; and a legislative panel providing an update on legislation or pending legislation affecting school lunches and healthy communities. For more information contact Susan White at (802) 885-2126 or by e-mail at [swhite@southernvermontahec.org](mailto:swhite@southernvermontahec.org).

### **VSSNA Spring Conference**

**March 29, 2008**

**Windjammer, South Burlington**

Nurture your professional AND personal self at the 2008 Vermont State School Nurses Association (VSSNA) Spring Conference. Our noted speaker is Janice Selekman, DSNc, RN (editor of School Nursing: A Comprehensive Text), presenting in the morning and in the afternoon. Multiple exhibitors will be there for your convenience. To nurture your personal self, Kathy Evans, CLC of Healthy Lifestyles will present. For more information, contact Brenda Perkins at [brenda.perkins@cesu.k12.vt.us](mailto:brenda.perkins@cesu.k12.vt.us).

### **Become a National Board Certified Teacher**

The National Board for Professional Teaching Standards now is offering a Health/Early Adolescence through Young Adulthood certification. Accomplished teachers of health education know that effective school health education programs focus on physical, mental, emotional, social and spiritual health assist all students in realizing their full potential as learners. Earn one of the highest symbols of teaching excellence with many rewards:

Meets most states definition of "highly qualified teacher" under No Child Left Behind (NCLB)

- Strengthens teaching practice
- Improves students' learning according to a vast majority of research
- Advances teaching careers
- Increases financial opportunities
- Provides a portable teaching license in most states.

For more information or to download the documents visit: [www.nbpts.org](http://www.nbpts.org).

### **1<sup>st</sup> New England Regional SAP Training**

**March 27, 2008**

**Capitol Plaza, Montpelier**

This seminar, sponsored by the National Student Assistance Association (NSAA) and the Association of Student Assistance Professionals of Vermont, is titled, "Changing Behavior through Social Norms Marketing" led by two national experts in the field of Social Norms Marketing applications— Jim Campain and Scott Crandall, both from Fort Collins, CO, they have used Social Norms principals and techniques in public school settings and have evaluated the results from their efforts. Social Norms Marketing approaches reinforce the strengths, assets and right decision-making skills that the majority of youth possess. For more information, visit the SAP website at [www.asap-vt.org](http://www.asap-vt.org).

### **1<sup>st</sup> Northeast Farm to School Forum**

**MAY 9<sup>th</sup>**

**Massachusetts (exact location to be determined)**

This will be an opportunity for farm to school professionals, food distributors, state and federal child nutrition specialists, legislators, state and federal agriculture marketing specialists, and others to share, learn and exchange ideas as we build a strong Northeast Farm to School Network. Keynote, networking sessions, and workshops will be included. Workshops will highlight farm to school policy, media and marketing opportunities and strategies, overcoming barriers for success, and much more. We hope you will join us! For more information contact Dana Hudson at (802) 985-0381 or by e-mail at [dhudson@shelburnefarms.org](mailto:dhudson@shelburnefarms.org).

### **Center for Health and Learning (CHL)**

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590.

### **Bullying & Harassment: Understanding the Definitions and Requirements of Act 91**

**March 28, 2008**

**Cortina Inn, Killington**

This training provides a comprehensive look at federal and state school harassment laws with an emphasis on the provisions of Act 91, Vermont's 2004 law. It is designed to prepare administrators, educators and designated employees to meet their school's overall responsibilities under the law. Topics include distinctions between bullying and harassment; case studies; school timelines for response, investigation, and appeals; independent reviews; staff training; details related to informal resolution/alternate dispute resolution; and more. The \$65 registration fee includes participant materials, continental breakfast and lunch. Register online at [www.healthandlearning.org](http://www.healthandlearning.org) or call the CHL at (802) 254-6590.

### **Puberty: The Wonder Years**

**March 28, 2008**

**Brattleboro Savings and Loan, Brattleboro**

This one-day training prepares participants to conduct high quality puberty education using *Puberty: The Wonder Years*, the best puberty education curriculum we've seen. The \$150 registration fee includes materials, continental breakfast and lunch. Register online at [www.healthandlearning.org](http://www.healthandlearning.org) or call the CHL at (802) 254-6590.

### **Dynamic PE**

**April 4, 2008**

**Vernon Elementary School**

This seminar provides an overview of the K-6 Elementary Physical Education Program as developed by Dr. Robert Pangrazi with additions from trainer John Stetzel's own extensive experience in the field. The curriculum provides lesson plans for a sequential and continuous physical education program that promotes comprehensive skills development and lifelong fitness. Each lesson reinforces good practice with warm-ups, skills-based activities and warm-downs. The \$150 fee includes *Dynamic Physical Education for Elementary Students—Lesson Plans*, a heart healthy lunch and certificate documenting CEUs. To sign up visit [info@healthandlearning.org](mailto:info@healthandlearning.org).

### **Best Practice Workshops for Prevention Training & Health Education**

This series of trainings is designed for the Vermont Prevention Workforce: prevention consultants; community and youth development workers; health educators; counselors; school nurses; and coalition and school health advisory council members. Our trainers are well known to Vermonters, some are known nationally, and all enjoy outstanding reputations and professional recognition in their fields. There is a \$35 fee for each workshop, which includes materials and a continental breakfast. Participants should bring a bagged lunch. Register for the following workshops online at [www.healthandlearning.org](http://www.healthandlearning.org) or call the CHL at (802) 254-6590.

### **Prevention Ethics**

**March 28, 2008**

**Vermont College, Montpelier**

Many times people who work in prevention are confronted with ethical dilemmas and are not aware that there is an established set of rules for prevention professionals. Using guidelines established by the International Certification & Reciprocity Consortium, the international body that certifies prevention professionals, this workshop explores ethical principles and issues of confidentiality that apply specifically to persons working this field.

### **Conflict Resolution**

**April 3, 2008**

**Holiday Inn Express, White River Junction**

Conflict is part of the fabric of human interaction and is often the result of misunderstanding. When we communicate we know what we are trying to convey to the listener but we spend too little energy attempting to understand what the other is trying to convey. The inevitable effect of each person talking, but not listening, is conflict. This workshop will give participants three key skills and a theoretical framework that will foster healthy and productive conversations, relieve the stress of conflict and break the cycle of misunderstanding.

### **The Adolescent Brain and High Risk Behavior**

**April 22, 2008**

**Capitol Plaza, Montpelier**

New insights into brain development, gained through the use of new technology, demonstrate specific conditions that exist in the brain only during adolescence. Linking this research to the stages of adolescent development has generated better understanding of the way in which adolescents perceive the world, themselves, and their behaviors. Participants in this workshop will explore the connections between kids and drugs, the motivation for these connections in light of new research, and discuss possible treatment and intervention strategies for adolescents.

**Reminder: To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Karen Abbott at [karen.abbott@state.vt.us](mailto:karen.abbott@state.vt.us)**